

**THOMAS DRIVE,
LIVERPOOL, L14 3PE
Telephone 01512281616**

IRAS ID: 256927

Centre Number:

Study Number:

Participant Identification Number:

CONSENT FORM

Title of Project: A High-protein Mediterranean diet and resistance exercise for cardiac rehabilitation: a pilot randomised controlled trial

Name of Researcher: Fatima Perez de Heredia

Please initial box

1. I confirm that I have read the information sheet dated..... (version.....) for the above study. I have had the opportunity to consider the information, ask questions and have had these answered satisfactorily.
2. I understand that my participation is voluntary and that I am free to withdraw at any time without giving any reason, without my medical care or legal rights being affected.
3. I understand that relevant sections of my medical notes and data collected during the study, may be looked at by researchers from Liverpool John Moores University, from regulatory authorities or from the NHS Trust, where it is relevant to my taking part in this research. I give permission for these individuals to have access to my records.
4. I agree to audio recordings being created for the purpose of this study.
5. I agree to gift the research team a sample of my blood for the purpose of this study.
6. I understand that the information and samples collected from me will be used to support other research in the future, and may be shared anonymously with other researchers and that all samples and data will be destroyed after 10 years.
7. I agree to my General Practitioner being informed of my participation in the study. I agree to my General Practitioner being involved in the study, including any necessary exchange of information about me between my GP and the research team.
8. I agree to be contacted by the research team approximately 6-months after completion of the study to be asked further questions about my food and exercise habits.
9. I agree to take part in the above study.

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Name of Participant

Date

Signature

Participant ID

Name of Person

Date

Signature

When completed: 1 for participant; 1 for researcher site file; 1 to be kept in medical notes.

IRAS ID 256927

Pilot:High-Protein Mediterranean Diet, Exercise and Sarcopenia

Version 2.1

06/01/2020

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taking consent